

# SPICED ROASTED BUTTERNUT SQUASH SOUP

**Cook Time**  
60 minutes

**Servings**  
4-6

## Ingredients

- 1 large butternut squash (2.5 lbs), halved vertically and seeded
- 1/2 teaspoon salt
- 1 tablespoon + 1 teaspoon olive oil, divided
- 1/8 teaspoon white pepper
- Salt and pepper
- Up to 3 cups vegetable broth (will depend on size of your squash - I used 2.5 cups)
- 1 yellow onion, diced
- 2/3 cup canned coconut milk
- 1/4 teaspoon pumpkin pie spice
- Optional garnish: pepitas
- 3/4 teaspoon cardamom

## Instructions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Brush squash with 1 teaspoon olive oil and sprinkle with salt and pepper. Turn squash cut side down and bake until tender, about 45-55 minutes.
3. Meanwhile, heat 1 tablespoon olive oil in a medium pot over medium heat. Add onion and cook until translucent, about 5-7 minutes. Transfer to high-speed blender if using it.
4. Once butternut squash is cooled, scoop out flesh and transfer to high-speed blender (or pot on stovetop if you don't have one).
5. Add pumpkin pie spice, cardamom, salt, white pepper, and up to 3 cups vegetable broth.
6. Set high-speed blender to soup setting or let blend at highest speed for 6 minutes. If using the stove top, bring to a boil and remove from heat. Use an immersion blender to puree until smooth and creamy.
7. Stir or blend in coconut milk. Season with additional salt, to taste.
8. Garnish with pepitas and a drizzle of coconut milk.



## Nutrition Facts

Calories	200
Total Fat	10g
Sodium	588mg
Carbohydrate	26g
Dietary Fiber	5g
Protein	5g